



34-20 12th Street
Long Island City, NY 11106

Kettle Boiled Poppy Bagel – New Yorker Bagels

MINI				LARGE				HAND ROLLED			
Nutrition Facts				Nutrition Facts				Nutrition Facts			
Serving Size 1 bagel (57gm)				Serving Size 1 bagel (113gm)				Serving Size 1 bagel (145gm)			
Amount per Serving				Amount per Serving				Amount per Serving			
Calories 155		Calories from Fat 15		Calories 310		Calories from Fat 30		Calories 400		Calories from Fat 40	
		% daily value*				% daily value*				% daily value*	
Total Fat 1.7g		3%		Total Fat 3.5g		5%		Total Fat 4.5g		7%	
Saturated Fat 0g		0%		Saturated Fat 0g		0%		Saturated Fat 0g		0%	
Trans Fat 0g				Trans Fat 0g				Trans Fat 0g			
Cholesterol 0mg		0%		Cholesterol 0mg		0%		Cholesterol 0mg		0%	
Sodium 180mg		8%		Sodium 360mg		15%		Sodium 460mg		19%	
Total Carbohydrate 30g		10%		Total Carbohydrate 60g		20%		Total Carbohydrate 77g		26%	
Dietary Fiber 1.5g		6%		Dietary Fiber 3g		12%		Dietary Fiber 4g		16%	
Sugars 2.5g				Sugars 5g				Sugars 6.5g			
Protein 5.5g				Protein 11g				Protein 14g			
Vitamin A 1%		• Vitamin C 0%		Vitamin A 2%		• Vitamin C 0%		Vitamin A 3%		• Vitamin C 0%	
Calcium 5%		• Iron 13%		Calcium 10%		• Iron 25%		Calcium 13%		• Iron 35%	
Thiamin 17%		• Riboflavin 10%		Thiamin 35%		• Riboflavin 20%		Thiamin 45%		• Riboflavin 25%	
Niacin 10%		• Folate 15%		Niacin 20%		• Folate 30%		Niacin 25%		• Folate 40%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:				* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:				* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories: 2,000 2,500				Calories: 2,000 2,500				Calories: 2,000 2,500	
Total Fat		Less than 65g 80g		Total Fat		Less than 65g 80g		Total Fat		Less than 65g 80g	
Saturated Fat		Less than 20g 25g		Saturated Fat		Less than 20g 25g		Saturated Fat		Less than 20g 25g	
Cholesterol		Less than 300mg 300mg		Cholesterol		Less than 300mg 300mg		Cholesterol		Less than 300mg 300mg	
Sodium		Less than 2,400mg 2,400mg		Sodium		Less than 2,400mg 2,400mg		Sodium		Less than 2,400mg 2,400mg	
Total Carbohydrate		300g 375g		Total Carbohydrate		300g 375g		Total Carbohydrate		300g 375g	
Dietary Fiber		25g 30g		Dietary Fiber		25g 30g		Dietary Fiber		25g 30g	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4				Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4				Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

Ingredients:

UNBLEACHED UNBROMATED ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, POPPY SEEDS, BROWN SUGAR, MALT SYRUP, contains 2% or less of each of the following: SEA SALT, YEAST, RAISIN JUICE CONCENTRATE, MALT POWDER, MOLASSES POWDER, SOYBEAN OIL, WHEAT GLUTEN, ASCORBIC ACID, ENZYMES.